

# Intervals...

## Newsletter for Members of twenty-six two marathon club

September 2009

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## New Website Features

TST will no longer have the Member Forum as a medium for information for our members. Paul Carmona is working to modify our website for members to find each other and also the training notes and running locations. Please send an email to [Paul](#) telling him if you would like your email and/or picture included. The [TST website](#) is still under construction, but please go and check out the new features!

Don't forget our club runs every Tuesday at 5:30

Dear Paul,

Twenty-Six Two Marathon Club is working to bring helpful information and tips to its members, like you. This is the ninth issue of "Intervals" for 2009. If you have suggestions for newsletter topics, or if you would like to offer information to your fellow club members, please contact your club at [tstmarathonclub@gmail.com](mailto:tstmarathonclub@gmail.com).

## Congratulations and Good luck!

Our members train and compete for a variety of marathons and races throughout the year. We all know the hard work they've put in for their training and the excitement of crossing the finish line.

### Congratulations to:

We had several TST members compete in the Austin Triathlon on September 7th:

Paul Terranova finished 5th overall.

Kelly Marshek placed 4th in her age group.

Megan O'Connor placed 11th in her age group.

Philip Arno took 1st place in his age group.

Ken Fries finished the famous (and incredibly difficult) Leadville 100-Mile Trail Run on August 22-23, finishing in 29 hours, 5 minutes and 24 seconds.

### Good luck to:

Veronica Czuchna will run in the 20th Anniversary of the Toronto Waterfront Marathon on Sept 27th.

Mary Rose Getschow, Windy Hardaway, Ashlee Joost will run in the Chicago Marathon on Oct 11th.

Paul and Katie Carmona and Alex Gajdeczka will run in the Marine Corps Marathon on October 25th.

Maria Hermon will run in the Dublin Marathon in Ireland on October 26th.

Great job to all marathon trainees! Keep up the good work.

**Eat Right--Right After You Run**

p.m. (RunTex - Lake Austin store) and Saturday morning at 7:00 a.m. (locations vary - please check the [TST website: Training Log In section](#)).

There is also a club workout on Mondays at 6:30 pm. This is an advanced group that typically runs 6-8 miles at fairly high intensity. Contact Paul for more info at [paulruns@gmail.com](mailto:paulruns@gmail.com).

Twenty-Six Two is always looking for new ways to serve our members. If you've got ideas for articles, events, fundraising opportunities, or new long-run routes, let us know! The easiest way to contact any of the club officers or directors is via the e-mail links on the "[Board and Members](#)" page on our website.

As our coach always says, "stay healthy!"

**Sincerely,**  
Newsletter Staff  
Twenty-Six Two  
Marathon Club

Get on the [road to recovery](#) right after you run - eat "right," and remember the 4-to-1 ratio of carbs to protein.

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## Did You Know?

This will be a new section for any social announcements that are not necessarily related to running. Please share with your fellow TST members anything you want us to know...a new job, an engagement or wedding, a new baby here or on the way! If you would like to include anything please send us an [email](#).

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